

# POTOMAC VALLEY TRACK CLUB

## Men's Pentathlon Records

AGE GROUP	MARK	ATHLETE	AGE	HOMETOWN	YEAR
<b>LONG JUMP</b>					
14-yr	5.05m	Ricky Blake	14	Suffolk, VA	2006
15-yr	3.58m	Adam Markley	15	Lovettsville, VA	2000
<b>20-29</b>	<b>6.39m</b>	<b>Adam Alderton</b>	<b>25</b>	<b>Springfield, VA</b>	<b>1999</b>
30-34	6.37m	Les Young	33	Chesapeake, VA	2003
35-39	5.75m	James Barr	36	Arlington, VA	2004
40-44	5.48m	Robert Harding	40	Forest, VA	2002
45-49	5.03	Bob Doran	48	Dewitt, NY	2002
50-54	4.57m	Anthony Markley	52	Lovettsville, VA	2006
55-59	4.58m	Keith Mathis	56	Reisterstown, MD	2008
60-64	3.94m	Joel Liles	61	Garner, NC	2006
65-69	TBD				
70-74	2.71m	Herman Blinichikoff	74	Pikesville, MD	2008
75-79	3.11m	Sam Madia	76	W. Brownsville, PA	2000
80-84	2.34m	Sam Madia	82	W. Brownsville, PA	2006
<b>JAVELIN</b>					
14-yr	29.93m	Ricky Blake	14	Suffolk, VA	2006
15-yr	32.15m	Adam Markley	15	Lovettsville, VA	2000
20-29	50.30m	Adam Alderton	25	Springfield, VA	1999
<b>30-34</b>	<b>61.07m</b>	<b>Kevin Kanyan</b>	<b>34</b>	<b>Centreville, VA</b>	<b>2004</b>
35-39	51.02m	James Barr	37	Arlington, VA	2005
40-44	45.80m	Reggie Hill, Sr.	42	Montgomery, AL	2006
45-49	36.04m	Keith Mathis	49	Reisterstown, MD	2001
50-54	25.49m	Anthony Markley	50	Lovettsville, VA	2004
55-59	35.08m	Keith Mathis	56	Reisterstown, MD	2008
60-64	25.49m	Joel Liles	61	Garner, NC	2006
65-69	TBD				
70-74	23.65m	Herman Blinichikoff	71	Pikesville, MD	2005
75-79	18.31m	Sam Madia	76	W. Brownsville, PA	2000
80-84	14.62m	Sam Madia	82	W. Brownsville, PA	2006
<b>200M DASH</b>					
14-yr	24.8h	Ricky Blake	14	Suffolk, VA	2006
15-yr	28.17	Adam Markley	15	Lovettsville, VA	2000
<b>20-29</b>	<b>22.47</b>	<b>Bryan Drummond</b>	<b>26</b>	<b>Springfield, VA</b>	<b>2000</b>
30-34	22.81	Adam Alderton	31	Annandale, VA	2005
35-39	24.77	Les Young	35	Chesapeake, VA	2005
40-44	24.21	Robert Harding	40	Forest, VA	2002
45-49	26.34	Anthony Markley	46	Lovettsville, VA	2000
50-54	25.7h	Anthony Markley	52	Lovettsville, VA	2006
55-59	29.05	Robert Norton	57	Gainsville, FL	2002
60-64	29.2h	Joel Liles	61	Garner, NC	2006
65-69	TBD				
70-74	38.53	Herman Blinichikoff	70	Pikesville, MD	2004
75-79	33.3h	Sam Madia	76	W. Brownsville, PA	2000
80-84	39.9h	Sam Madia	82	W. Brownsville, PA	2006

## *Pentathlon Records continued...*

AGE GROUP	MARK	ATHLETE	AGE	HOMETOWN	YEAR
<b>DISCUS</b>					
14-yr	23.81m	Ricky Blake	14	Suffolk, VA	2006
15-yr	20.97m	Adam Markley	15	Lovettsville, VA	2000
20-29	38.27m	Bob Koski	26	Chimayo, NM	2000
<b>30-34</b>	<b>40.77m</b>	<b>Les Young</b>	<b>32</b>	<b>Chesapeake, VA</b>	<b>2002</b>
35-39	36.91m	James Barr	37	Arlington, VA	2005
40-44	25.11m	Reggie Hill Sr.	42	Montgomery, AL	2006
45-49	33.18m	Rob Doran	41	New York, NY	2000
50-54	24.47m	Anthony Markley	50	Lovettsville, VA	2004
55-59	28.16m	Frank Monroe	57	West Orange, NJ	2004
60-64	32.17m	Victor Litwinski	60	McLean, VA	2004
65-69	TBD				
70-74	23.85m	John Gracey	70	Waterfall, PA	2002
75-79	21.75m	Sam Madia	76	W. Brownsville, PA	2000
80-84	16.81m	Sam Madia	82	W. Brownsville, PA	2006
<b>1500M RUN</b>					
14-yr	5:22.5	Ricky Blake	14	Suffolk, VA	2006
15-yr	5:18.79	Adam Markley	15	Lovettsville, VA	2000
20-29	4:55.1	Adam Alderton	26	Springfield, VA	2000
30-34	4:50.0	John McKenzie	34	Silver Spring, MD	1999
<b>35-39</b>	<b>4:44.4</b>	<b>John McKenzie</b>	<b>35</b>	<b>Silver Spring, MD</b>	<b>2000</b>
40-44	4:50.4	Stephen Dye	43	Charlottesville, VA	2000
45-49	5:16.7	Bob Doran	48	DeWitt, NY	2002
50-54	5:08.0	Eric Gyaki	51	Glen Burnie, MD	2000
55-59	6:27.7	Victor Litwinski	57	McLean, VA	2001
60-64	6:09.2	Joel Liles	61	Garner, NC	2006
65-69	TBD				
70-74	7:26.2	Herman Blinchikoff	70	Pikesville, MD	2004
75-79	7:12.8	Sam Madia	76	W. Brownsville, PA	2000
80-84	10:52.0	Sam Madia	82	W. Brownsville, PA	2006
<b>TOTAL POINTS</b>					
14-yr	2094	Ricky Blake	14	Suffolk, VA	2006
15-yr	1582	Adam Markley	15	Lovettsville, VA	2000
<b>20-29</b>	<b>3069</b>	<b>Adam Alderton</b>	<b>26</b>	<b>Springfield, VA</b>	<b>2000</b>
30-34	3014	Adam Alderton	33	Arlington, VA	2007
35-39	2826	Les Young	35	Chesapeake, VA	2005
40-44	2762	Robert Harding	40	Forest, VA	2002
45-49	2578	Bob Doran	48	DeWitt, NY	2002
50-54	2575	Anthony Markley	52	Lovettsville, VA	2006
55-59	2659	Keith Mathis	56	Reisterstown, MD	2008
60-64	2681	Joel Liles	61	Garner, NC	2006
65-69	TBD				
70-74	1923	Herman Blinchikoff	70	Pikesville, MD	2004
75-79	2786	Sam Madia	76	W. Brownsville, PA	2000
80-84	1818	Sam Madia	82	W. Brownsville, PA	2006